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<td>Workshop: Dr. Martin Antony: Transdiagnostic CBT for Anxiety and Related Disorders</td>
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<td>Workshop: Dr. Martin Antony: Transdiagnostic CBT for Anxiety and Related Disorders</td>
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<td>Presidential Panel: Barriers to Accessing Evidence Based Psychotherapy: A National Expert Panel Discussion</td>
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<td>12:00-1:30</td>
<td>Lunch (provided) and Annual General Meeting</td>
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<td>3:45-5:00</td>
<td>Keynote: Dr. Michel Dugas: CBT for GAD: Outcomes, Moderators and Mediators</td>
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<td>5:30-7:30</td>
<td>Poster Session, Wine and Cheese Social Event</td>
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### FRIDAY, MAY 6

#### Track 1 - Introductory Skills
- **Behavioural Experiments for Intolerance of Uncertainty: A Focused Treatment for GAD**
  - Dr. Michel Dugas

- **CBT for Eating Disorders: Therapeutic Strategies and Challenges in Clinical Practice**
  - Dr. Traci McFarlane & Dr. Kathryn Trottier

#### Track 2 - Intermediate/Advanced Skills
- **Mindfulness and CBT: A Delicate Dance of Old Meets New**
  - Dr. Peter Bieling

- **Imagery-Based Interventions in CBT: Useful Tools for Enhancing Treatment of Social Anxiety (and Related Disorders)**
  - Dr. David Moscovitch & Dr. Susanna Reimer

#### Track 3 - Research Symposia/Student Events
- **Panel for Students on Optimizing CBT Supervision**
- **Student Research Symposium**

### SATURDAY, MAY 7

#### Track 1 - Introductory Skills
- **CBT with Medical Populations**
  - Dr. Thomas Hadjistavropoulos & Dr. Sheryl Green

- **CBT with Medical Populations**
  - Dr. Thomas Hadjistavropoulos & Dr. Sheryl Green

#### Track 2 - Intermediate/Advanced Skills
- **CBT for Schizophrenia**
  - Dr. Noah Lazar

- **Big B, Little b, what begins with B? Big C, Little c, what begins with C? CBT for Children and Adolescents**
  - Dr. Khush Amaria & Dr. Juliana Tobon

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The Canadian Association of Cognitive and Behavioural Therapies (CACBT) is approved by the Canadian Psychological Association to offer continuing education for psychologists. CACBT maintains responsibility for the program. We are applying for Continuing Medical Education credits.

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For more information about the conference visit: [cacbt.ca/en/Hamilton2016](http://cacbt.ca/en/Hamilton2016)
Dr. Martin M. Antony is Professor and Chair in the Department of Psychology at Ryerson University, where he was also founding Graduate Program Director for the MA and PhD programs in Psychology. He also holds faculty appointments at McMaster University and the University of Toronto, and he is Director of Research at the Anxiety Treatment and Research Clinic at St. Joseph’s Healthcare Hamilton. In 2009-2010, Dr. Antony was President of the Canadian Psychological Association.

Dr. Antony has published 29 books and more than 200 scientific articles and book chapters, mostly on the assessment and treatment of anxiety-based problems such as obsessive-compulsive disorder, panic disorder, social anxiety disorder, specific phobia, generalized anxiety disorder, and perfectionism. He is currently collaborating on a 5-year study of motivational interviewing and cognitive-behavioural therapy for severe generalized anxiety disorder.

Dr. Antony trains and supervises numerous students in psychology, psychiatry, social work, and other disciplines in the area of cognitive-behavioural therapy for anxiety disorders, and has received a number of career awards for his contributions to research, training and education. He is also a fellow of the American and Canadian Psychological Associations, the Association for Psychological Science, and the Royal Society of Canada. Dr. Antony has given more than 300 workshops and presentations to health care professionals from across North America, Europe, and Australia. He has also been interviewed, featured, or quoted more than 300 times in various print, radio, and television media outlets, including the CBC, Chatelaine Magazine, CTV, the Globe and Mail, National Post, O (Oprah) Magazine, Reader’s Digest, Scientific American Mind, Washington Post, and many others.

Transdiagnostic CBT for Anxiety and Related Disorders

Generally, treatment approaches for anxiety-based problems tend to emphasize the use of unique treatment protocols for each major disorder, even though most people with anxiety problems have more than one disorder, and the treatment strategies that are best supported tend to be similar across disorders. This workshop focuses on strategies for treating anxiety-related problems, regardless of the specific diagnosis. Participants will learn about: (1) the latest research on transdiagnostic treatments for anxiety and related disorders; (2) assessment and case formulation from a transdiagnostic perspective; (3) behavioural strategies; (4) cognitive strategies; (5) acceptance and mindfulness-based approaches; (6) case formulation strategies, and (7) strategies for enhancing motivation and compliance. Strategies will be illustrated with video recorded vignettes, and participants will receive a comprehensive handout.
Dr. Michel J. Dugas obtained his Ph.D. in Psychology from Université Laval in 1997. He is currently Professor of Psychology at Université du Québec en Outaouais, as well as Affiliate Professor of Psychology at Concordia University and Université du Québec à Montréal. Over the past 20+ years, Dr. Dugas has conducted research on the aetiology and treatment of generalized anxiety disorder (GAD) with a specific focus on intolerance of uncertainty. His research program has led to the development and validation of a psychological treatment for GAD that is now being used in health care settings in numerous countries.

Dr. Dugas’ research on GAD has been funded continuously by the Canadian Institutes of Health Research since 2000. He has published over 90 peer-reviewed articles, made over 250 scientific conference presentations, and given numerous clinical workshops around the world. He is a board member of several scientific journals, including the Journal of Anxiety Disorders, the International Journal of Cognitive Therapy, the Journal of Experimental Psychopathology, Psychopathology Review, and Clinical Case Studies. Dr. Dugas is a Fellow of the Canadian Psychological Association and the Canadian Association of Cognitive and Behavioural Therapies.

Keynote: CBT for GAD: Outcomes, Moderators and Mediators

The past 20 years have seen important advances in our ability to treat individuals with generalized anxiety disorder (GAD). We have moved from general anxiety reduction techniques (such as anxiety management training and progressive muscular relaxation) to treatments specifically designed to address the cardinal feature of GAD: excessive and uncontrollable worry. In the 1990s, a group at Université Laval developed one such treatment. The treatment targets cognitive processes believed to play a role in the aetiology of GAD: positive beliefs about worry, negative problem orientation, cognitive avoidance, and most importantly, intolerance of uncertainty. The treatment has now been tested in five randomized clinical trials (with a sixth trial ongoing) and findings show that 70 to 80% of treated individuals attain diagnostic remission after 12 to 16 individual sessions. Secondary analyses have identified a number of moderating sociodemographic and clinical variables, some of which were quite unexpected. Finally, emerging data on the mechanisms of treatment consistently show that change in beliefs about uncertainty largely explains how the treatment exerts its effects. Following a review of the outcomes, moderators and mediators of treatment, Dr. Dugas will discuss future directions for treatment research that will allow the field to better respond to the needs of affected individuals within the constraints of the Canadian health care system.

Workshop: Behavioural Experiments for Intolerance of Uncertainty: A Focused Treatment for GAD

Intolerance of uncertainty (IU) plays a key role in the aetiology of many anxiety disorders, most notably generalized anxiety disorder (GAD). Although the clinical relevance of IU is well recognized, there is a lack of validated intervention strategies specifically designed to decrease IU in anxious clients. The overarching goal of this workshop is to describe how to apply behavioural
experiments to the catastrophic beliefs about uncertainty that are at the root of IU. Behavioural experiments involve selecting a specific thought to be tested (e.g., “uncertainty makes it impossible for me to act”) and designing a detailed experiment to test out that thought. In the first part of the workshop, Dr. Dugas will present the theoretical and clinical advantages of behavioural experiments over cognitive and exposure-based interventions. A structured approach to using behavioural experiments will then be described and concrete examples of behavioural experiments for IU will be presented. The workshop will conclude with a discussion of how the new focused treatment holds the promise of improving our ability to treat individuals with GAD, while being less costly, less complex and easier to disseminate than the multicomponent treatments that are currently available.

**Peter Bieling, Ph.D.** is an Associate Professor in the Department of Psychiatry and Behavioural Neurosciences at McMaster University and a Director in the Mental Health and Addiction Program at St. Joseph’s Healthcare in Hamilton Ontario. Dr. Bieling's work is concentrated in the area of emerging treatments for mood disorders and quality of mental health services delivery in hospital settings. He has been awarded research funding through SSHRC, OMHF, CHSRF, and NIMH and has authored numerous articles and three books. He has taught psychological intervention, research methods, and quality improvement principles at the undergraduate, graduate, and professional levels locally, nationally, and internationally. He completed his B.Sc, (Hons) at the University of Victoria, M.A. and Ph.D. at the University of British Columbia and Centre for Addiction and Mental Health, University of Toronto, and was a post-doctoral fellow at the University of Pennsylvania Centre for Cognitive Therapy. Dr. Bieling is a licensed psychologist in the province of Ontario.

**Mindfulness and CBT: A Delicate Dance of Old Meets New**

The acknowledged usefulness of CBT for a host of psychological and psychiatric conditions is beyond dispute. Mindfulness, an ancient practice, also has support for treating similar problems, and arguably even more breadth of application. Many treatment practices and protocols now formally combine CBT and mindfulness into a single integrated approach, which would seem to resolve any sense of tension. But textbook knowledge and real world application in clients have always been two different things. This talk reviews both of these treatments in broad terms, but focuses particularly on how these two approaches might be integrated in the office or at the bedside. This talk explores the strengths of each approach, and some clinical scenarios to which each approach is best suited. Equally, it explores the limitations of both, and will argue that there are somethings that CBT cannot do well and somethings that mindfulness cannot do well, and that the choice of approach has consequences. Client choice and characteristics will also be reviewed in reference to these two different kinds of strategies. Finally, the talk explores therapist skills and stance and self-development. Getting the balance of CBT and mindfulness right offers practitioners the opportunity to move from strength to strength and will offer clients a broader range of effective interventions.
Traci McFarlane, Ph.D., C.Psych. is a Staff Psychologist and Clinical Team Leader at the University Health Network, Toronto General Hospital, Eating Disorder Program. In addition to being Adjunct Graduate Faculty in the Psychology Department at Ryerson University, she is also an Assistant Professor in the Department of Psychiatry at the University of Toronto. Dr. McFarlane is a clinical supervisor for Ryerson University, York University, and the University of Toronto. She has presented a number of clinical workshops on the topics of cognitive behavioural treatment, motivational enhancement, and relapse prevention in eating disorders. In addition she has presented at many North American and International Conferences on the topic of eating disorders and has published chapters and articles in this area. Her areas of research interests include self-esteem, treatment efficacy and relapse prevention in eating disorders. Dr. McFarlane is a member of the Eating Disorder Research Society and co-author of The Overcoming Bulimia Workbook: A step-by-step guide to recovery.

Kathryn Trottier, Ph.D., C.Psych. is a Staff Psychologist in the Eating Disorder Program at University Health Network, and Assistant Professor in the Department of Psychiatry at the University of Toronto. Dr. Trottier has been working as both a researcher and clinician in the field of eating disorders for over 14 years. The focus of her clinical work is on the provision of empirically-based treatment strategies for individuals with eating disorders. Dr. Trottier has published research papers on the cognitive psychopathology of eating disorders, namely overvaluing weight and shape in determining one’s self-worth. This work has included a randomized controlled trial examining the effectiveness of a body image exposure intervention as an adjunct to standard eating disorder treatment. Most recently she has been working on developing and testing an empirically-based treatment for individuals with co-occurring eating disorders and posttraumatic stress disorder. Her research is supported by the Ontario Mental Health Foundation. Dr. Trottier is a member of the Eating Disorders Research Society and Eating Disorders Association of Canada.

Eating Disorders are debilitating conditions affecting approximately 13% of women and 3% of men in their lifetime. CBT is the evidence-based and recommended treatment for adults with eating disorders. This workshop will introduce participants to CBT for eating disorders through explanation and demonstration of the essential components of the approach. This includes assessment, explanation of the treatment model, case formulation, self-monitoring, collaborative weighing, psychoeducation, behavioural strategies to normalize eating, addressing overvaluation of weight/shape, and relapse prevention. Challenges associated with working with people with eating disorders will also be discussed, including: clients who want to negotiate the terms of treatment, clients who do not follow through with out-of-session homework/practice assignments, the potential ego-syntonic nature of eating disorders, and issues related to comorbidity.
Dr. David A. Moscovitch received his Ph.D. in Clinical Psychology in 2006 from Boston University. He is currently an Associate Professor in the Department of Psychology at the University of Waterloo (UW), where he holds the Canada Research Chair in Mental Health Research and serves as the Executive Director of the UW Centre for Mental Health Research. Dr. Moscovitch specializes in the research and treatment of anxiety disorders, with a particular focus on CBT models of social anxiety. Drawing upon both clinical observation and a variety of experimental methods, Dr. Moscovitch and his students investigate how socially anxious individuals view themselves and appraise others, and how these perceptions influence the way they process social information, remember and imagine interpersonal events, regulate their emotional, behavioural, and biological responses to social stress, and respond to psychological interventions. He has published widely on these and related topics. Dr. Moscovitch is a proponent of the scientist-practitioner model and a CACBT-credentialed CBT clinician. Alongside his current role as Executive Director of the UW Centre for Mental Health Research, Dr. Moscovitch teaches and supervises graduate students at UW’s CPA-accredited Doctoral Training Program in Clinical Psychology and maintains a small private practice.

Susanna G. Reimer, Ph.D., C.Psych. (Supervised Practice) completed her Ph.D. in Clinical Psychology at the University of Waterloo in Waterloo, ON. Her doctoral research examined imagery in social anxiety, and the efficacy and mechanisms of imagery rescripting in the treatment of social anxiety. She completed her pre-doctoral residency in the Clinical Health Psychology program at the University of Manitoba’s School of Medicine. Currently, she works as a psychologist at the University of Waterloo’s Counselling & Psychological Services, and in private practice, providing assessment and psychotherapy services to adults and couples.

**Imagery-based interventions in CBT: Useful Tools for Enhancing Treatment of Social Anxiety (and Related Disorders)**

Social anxiety disorder is a highly common but complex and difficult-to-treat problem. In this talk, we will present an interactive overview of imagery-based CBT interventions for social anxiety, with a particular focus on evidence-based clinical strategies. Attendees will learn how incorporating a focus on mental imagery into their CBT practice can help them access relevant information about the way clients construe themselves, others, and the world, regulate their emotions, remember past events, and perceive interpersonal challenges. Attendees will be introduced to a variety of imagery-based strategies, including imagery rescripting, and will learn how using mental imagery can open up new avenues for enhancing case conceptualization and treatment as well as clinical research. Imagery helps to expand the traditional “CBT toolbox” in some exciting and unexpected ways which are applicable for addressing not only the cognitive, but also the emotional, interpersonal, and behavioural difficulties that are commonly experienced by clients with social anxiety and related disorders.
Thomas Hadjistavropoulos, Ph.D., R.D. Psych., ABPP, FCAHS is Professor of Clinical Psychology and Research Chair in Aging and Health, University of Regina. His research, funded by the Canadian Institutes of Health Research, the Canada Foundation for Innovation, the National Centres of Excellence program and the Saskatchewan Health Research Foundation focuses on social influences on pain and on pain behaviour. Thomas is Past President of the Canadian Psychological Association and his work has been presented in over 160 peer reviewed articles and book chapters as well as 5 published books, including one book directed to patients.

Sheryl Green, Ph.D., C. Psych. is an Assistant Professor in the Department of Psychiatry and Behavioural Neurosciences at McMaster University and Clinical Health Psychologist within St. Joseph’s Healthcare Hamilton. She primarily works with women who are experiencing physical and mental health difficulties associated with reproductive milestones (e.g., pregnancy/postpartum, menopause). Her research is funded by the Ontario Mental Health Foundation and focuses on tailoring cognitive behavioural therapies to meet the unique needs of specialized medical populations. She has several peer reviewed articles and has published a book on menopausal symptoms for use by both clinicians and patients.

Cognitive Behaviour Therapy with Medical Populations

The goal of this basic skills workshop is to introduce participants to basic CBT skills that are used with patients who suffer from medical conditions. The workshop will begin with a general introduction to the aims and applications of CBT with medical patients. CBT with chronic pain patients (Hadjistavropoulos) and with people who have difficulties adjusting to menopause (Green) will be covered in more depth as exemplars within the broad domain of clinical health psychology. The workshop is directed to both graduate students as well as independent clinicians who may want to develop skills for working with medical populations.
Khush Amaria, Ph.D., C.Psych. is a Clinical and Health Psychologist in the Department of Psychology and Division of Adolescent Medicine at the Hospital for Sick Children (SickKids). Dr. Amaria completed a 2-year specialized clinical-research health psychology post-doctoral fellowship held at SickKids, followed by a 1-year Research Associate position in the Chronic Pain Program, Department of Anaesthesia and Pain Medicine. In her current role, Dr. Amaria serves as Team Lead for the Good 2 Go Transition Program and works to build and share evidence-based practices that support the transition and empowerment of all youth with special health care needs through both their own development and the healthcare system. This includes leading SickKids’ Good 2 Go Transition Clinic—an outpatient program that provides treatment and support to any adolescent with special health care needs struggling with transitions issues. As a psychologist with competency in treating the clinical and health psychology needs of children, adolescents and adults, Dr. Amaria provides and supervises the provision of evidence-based treatment of psychological and socio-emotional difficulties at SickKids and in private practice at CBT Associates of Toronto.

Juliana Tobon, Ph.D., C.Psych. is an Assistant Professor in the Department of Psychiatry and Behavioural Neurosciences at McMaster and a Psychologist with the Youth Wellness Centre at St. Joseph’s Healthcare Hamilton. Before coming to St. Joseph’s Healthcare, she was a postdoctoral fellow at the Offord Centre for Child Studies and McMaster University, working on the 2014 Ontario Child Health Study under Drs. Michael Boyle and Kathy Georgiades. She completed her predoctoral internship at the Centre for Addiction and Mental Health in the Child, Youth, and Family Services. Dr. Tobon received her Ph.D. in 2013 from the University of Western Ontario. For her doctoral dissertation, Dr. Tobon developed a new measure of continuity of care in children’s mental health. Clinically, Dr. Tobon works with children, adolescents, and adults using evidence-based assessments and treatments. She works part-time at CBT Associates of Toronto.

Big B, Little b, what begins with B? Big C, Little c, what begins with C? CBT for Children and Adolescents

Cognitive behavioural therapy (CBT) is an effective form of therapy for treatment of internalizing disorders in children and adolescents. This workshop will review the theory and practice of CBT for children and adolescents, including case formulation, cognitive strategies, and behavioural experiments and exposures. The workshop will also discuss techniques and developmental considerations in CBT for children and adolescents for commonly seen diagnoses. Case examples and video clips will be used to illustrate therapy techniques. Participants will have an opportunity to apply their learning and discuss use and application of technology and newly developing modalities.
Dr. Noah Lazar offers assessment and Cognitive Behavioural Therapy (CBT) for a wide-range of difficulties, including schizophrenia and psychosis, depression, and anxiety, with particular interests in Generalized Anxiety Disorder, Obsessive Compulsive Disorder, Panic Disorder, Agoraphobia and Social Anxiety Disorder. He also has experience working with individuals dealing with chronic pain and relationship issues. He also works extensively with clients in preparation to return to work after sustaining a disability, as well as with the LGBTQ community.

Dr. Lazar completed his PhD in clinical psychology at the University of Western Ontario. He completed his clinical residency at St. Joseph’s Healthcare, Hamilton, in the Mood Disorders Clinic, Neuropsychology Service, and the Schizophrenia and Severe Mental Illness Clinic. He has also worked in numerous inpatient and outpatient psychiatric clinics before beginning work full-time in private practice at CBT Associates of Toronto.

Dr. Lazar frequently teaches CBT workshops, and is an Adjunct Professor and the Cognitive Behavioural Therapy Certificate Program Director at the Ontario Institute for Studies in Education (OISE) at the University of Toronto. He is also a member of the College of Psychologists of Ontario, the Canadian Psychological Association (CPA), the Ontario Psychological Association (OPA), and the Canadian Association of Cognitive and Behavioural Therapies (CACBT).

Cognitive Behavioural Therapy for Schizophrenia

Traditionally, Cognitive Behavioural Therapy (CBT) has been thought of as a highly effective treatment for depressive and anxiety disorders. However, more recently, there has been increasing interest and research in the application to CBT to schizophrenia and other psychotic disorders. Research has shown that CBT can prevent the development of psychosis in high-risk individuals, is superior than befriending for those in a first-episode psychosis, and is generally effective at treating the positive symptoms of schizophrenia. Despite its efficacy, few CBT practitioners have incorporated treatments for schizophrenia into their practice, and often there is a lingering perception that clients with psychosis can only be treated with medication. In this workshop, the application of CBT for psychosis will be demonstrated. There will be a focus on the unique challenges of working with clients suffering from psychosis, as well as modifications to standard CBT techniques in order to effectively work with this population, particularly in terms of treading delusions and hallucinations.